



Michigan Suicide Prevention **COMMUNITY TECHNICAL ASSISTANCE CONFERENCE**

2023 Breakout Session Descriptions

Thursday, May 4th

Breakout Session A

10:45am–12:00pm

A1. Stop the Stigma

Sara Reynolds, Youth Peer Support Statewide Coordinator-Association for Children's Mental Health
Annabelle Leathorne-Youth Advisory Committee Member
Aiyana Gibson-Youth Advisory Committee Member

In this presentation, the ACMH Youth Advisory Committee (YAC) will share details about their Stop the Stigma campaign, aimed at preventing youth and young adult suicides. Participants will gain insight into the YAC's perspective on issues that youth and young adults with mental health challenges face. The YAC will also discuss their own mental health experiences in order to shine a light on what we can all do to reduce stigma, promote mental health, and prevent suicides.

By the end of the session, participants will be able to:

1. Discuss challenges youth face.
2. Identify signs a youth may be struggling.
3. Identify helpful ways to approach conversations about mental health.

A2. Trauma Informed Care: An important part of suicide prevention

Stephanie Lange, LMSW, Content Expert for Trauma & Family Psychoeducation-MDHHS
Michelle Boudreaux, LMSW, Evidence-Based Practices Specialist-MDHHS

Resiliency plays an important role in suicide prevention. Trauma Informed Care can enhance resiliency by building and strengthening protective factors within individuals who have experienced trauma and are at higher risk of suicidal ideation and/or behaviors. This workshop provides a brief overview of Trauma Informed Care and how to apply the trauma informed lens to suicide prevention.

By the end of the session, participants will be able to:

1. Apply the 6 guiding principles of Trauma Informed Care (TIC), including science that supports it.
2. Define trauma and understand its impact on the brain.
3. Express the basic tenants of Trauma Informed Care, including the differences between organizational and clinical TIC.
4. Demonstrate an understanding of both risk and protective factors related to TIC and suicide prevention.

A3. Volunteer Recruitment & Training for Suicide & Crisis Intervention

Jenna Mares, LMSW, Director of Education, Outreach, and Welcoming-Ozone House
April Lark, Welcome Coordinator-Ozone House

Learn techniques for how to recruit the right volunteers and properly train them for roles that work with suicidal ideation or other crisis intervention services.

By the end of the session, participants will:

1. Gain actionable ways to recruit the right people for volunteer opportunities.
2. Learn specific techniques to make suicide intervention and prevention more user-friendly for potential volunteers who may not have experience.
3. Identify helpful ways to prepare volunteers emotionally and provide ongoing support.

B1. Mindfulness vs. Brainfulness: Am I Doing This Self-Care Thing Right?

Michael Pyne, Zero Suicide Committee Chair-HealthWest

"Americans with their millions of televisions and radio sets [and social media] stand most in fear of a moment of silence". -Giruard Chester. A moment of silence is recommended for self-care and a multitude of research projects show great benefits of spending time in silence. Dialectical Behavioral Treatment is rooted in mindfulness. Still, many of us struggle with quieting our minds or simply sitting in solitude for even a few minutes. And some say that solitude deprivation can lead to health concerns. Join us as we take a new look at the practice of mindfulness that may benefit you and those that you work with. There are approaches to mindfulness practice that are compatible with brains that struggle to settle down or for those with attention concerns. We will explore research and techniques that anyone can utilize.

By the end of the session, participants will be able to answer these questions:

1. What is mindfulness vs. brainfulness and other misconceptions?
2. What happens to a brain that meditates or practices mindfulness?
3. How does one get the benefits of mindfulness practice if sitting still feels like torture and a brain keeps jumping around?

B2. Elevating Youth Voices: Creating Relevant Change Around School Based Prevention

Kate Yocum, LLMSW, SRSly Chelsea Program Director-Chelsea Hospital

Sarah Wilczynski, MPH, Mental Health Awareness & Training Coordinator-Chelsea Hospital

As people passionate about prevention, we often ask ourselves "how can we make the biggest change or difference in our communities?" We have all spent hours studying best practices, the most effective marketing techniques, and implementing programs to try and answer this question, but what if there was a different way? In this session, our presenters Kate and Sarah will walk you through their experience in letting youth lead the prevention efforts in their community. They will cover their successes, what they have learned, and what steps you or your organization can take to work with local youth, schools, and communities to elevate youth voices to create relevant and crucial community change.

By the end of the session, participants will be able to:

1. List key factors that can lead to successful youth-led prevention.
2. Identify steps they, or their organization, can take to implement youth-led prevention efforts.
3. Create a list of people, groups, and events that they can partner with to become a more prominent part of their school/community.
4. Recognize and get excited about the role that they can play in ramping up youth-led prevention efforts in their school and community.

B3. New Tools for Your Suicide Prevention Toolbox

Alison Arnold, ED, Director-CMU Interdisciplinary Center for Community Health and Wellness

Samuel Mann, MPH, Occupational Health and Injury Epidemiologist-MDHHS

This session will introduce the audience to the new public facing, interactive dashboard for the Michigan Violent Death Reporting System (MiVDRS) and walk them through the dashboard functions. The MiVDRS dashboard allows users to conduct basic ad hoc inquiries at both the statewide and county levels using the data from multiple years collected by the state on all suicides, homicides, deaths of indeterminate manner involving trauma or poisoning, and unintentional firearm-related deaths.

This session will also cover the PRiSM suicide prevention provider telehealth toolkit. A cross collaboration tool that was developed with primary care physicians, social workers, mental health providers, educators, community members, etc. that aims to fill the gaps in behavioral telehealth.

By the end of the session, participants will be able to:

1. List three to five questions that the dashboard can help answer.
2. Select the appropriate data filters to use to answer their data question(s).
3. Employ the dashboard to conduct basic suicide and other violent death data inquiries at the state and county levels.
4. Learn about strategies and resources to support their interactions with clients/patients across the continuum of suicide prevention.
5. Review and discuss unique considerations and implications of tele-mental health practice and strategies for improving access to mental health service for men.
6. Review and discuss needs data for Michigan related to priorities for tele-mental health provider education and training.

Friday, May 5th

Breakout Session C

8:45am–10:15am

C1. Peer Support & the Value of Shared Experience: 4 Models Examined

Scott Teichmer, Suicide Prevention Facilitator-Summit Pointe

Katrina Herrington, Administrative Lieutenant-Calhoun County Sheriff's Office

Ryan Shrunk, Detective/Sergeant-Battle Creek Police Department

Henrietta McLaughlin, Peer Support Specialist-Summit Pointe

This presentation will examine 4 different models of peer support programs including: a community-based peer support group for survivors of suicide attempt, a peer support program within a County Sheriff's Department, a peer support program within a City Police Department, and a peer support program within a Community Mental Health Agency.

By the end of the session, participants will be able to:

1. Describe how peer support programs are implemented in a variety of settings.
2. Understand recommendations on first steps towards implementing a peer support program within your organization.
3. Identify the strengths and benefits of peer support programs.
4. Understand the barriers and challenges of implementing peer support programs.

C2. Emergency Student Assistance Team Process

Tammy Hazley, Assistant Director of Special Education-Eastern Upper Peninsula ISD

Stacey Miller, Behavior Specialist-Eastern Upper Peninsula ISD

The presence of imminent risk for harm to self or others, requires an immediate and comprehensive response. The Eastern Upper Peninsula Intermediate School District has developed an Emergency Student Assistance Team (E-SAT) process to gather preliminary data regarding a student's past and current level of functioning as well as the nature/severity of risk. When completed, the E-SAT will culminate in a decision as to whether or not a formal school-based risk assessment is necessary. A risk assessment provides detailed insight into student behavior, motivation, and thinking. A comprehensive risk assessment examines developmental and academic histories through record reviews, interviews, a mental status exam and observation of the student, current risk factors, and coordination with outside agencies, if applicable. Conducting a risk assessment within the school setting is uniquely beneficial because school staff have access to the school setting and information that outside evaluators would not typically have. Students in most cases, are assessed within the familiar setting of their school. Completion of the risk assessment culminates with recommended interventions and supports for the student, his/her family, and the school. Through this process, students are placed on a path of social/emotional and academic repair.

By the end of the session, participants will be able to:

1. Discern the rationale for school-based risk assessment.
2. Gain an understanding of the EUPISD Emergency Student Assistance Team Process.
3. Learn the key components of a comprehensive school-based risk assessment.

C3. Providing Gender-Affirming Care to Reduce Suicide Risk

Felipe Trevino, LPC, Manager of SOGIE Development-HealthWest

This training will increase the knowledge and understanding of unique challenges experienced by the Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning (LGBTQ+) community. Participants will gain a base knowledge of terminology used by and towards the LGBTQ+ community. The use of lived experiences from LGBTQ+ individuals will illustrate national statistics surrounding mental health, suicide risks, and community connectedness. This training will provide specific interventions that can be adapted in multiple settings to decrease identified risks associated with this community.

By the end of the session, participants will be able to:

1. Explore gender-affirming interventions that can be applied to one's own practice.
2. Identify risk factors and protective factors unique to the LGBTQ+ Community.
3. Examine actionable changes that can be made to increase gender-affirming care in your practice.

SPEAKERS

Alison Arnold, Ed.D.

Alison Arnold, Ed.D. Directs the Interdisciplinary Center for Community Health & Wellness at Central Michigan University, a five-college collaboration with community partners to provide programs, research, professional education, and projects focused on health priorities. Dr. Arnold's experience cuts across education, business, and philanthropy. With over 20 years in education administration, she has led community engagement initiatives, grants, and partnerships to support learning for P-12 and higher education institutions. She serves on the board for the Utopia Foundation which is dedicated to help create a world where communities thrive and every child goes to bed feeling nourished, loved, happy and hopeful about tomorrow. Dr. Arnold is a Master Trainer for the Michigan ACEs Initiative, Building Self-Healing Communities, providing training for teachers, allied health and medical professions, community health workers, parents, and others who support children and individuals experiencing trauma and adversity in their lives. By creating awareness within communities, mobilizing health care professionals and educators, and giving them tools to productively and timely intervene, we can ensure that children, families, and adults receive life-changing assistance.

Michelle Boudreaux, LMSW

Michelle Boudreaux, LMSW, has been providing mental health and co-occurring services for over twenty-years. She has provided IDDT treatment and utilized Motivational Interviewing since 2005 and has provided DBT treatment since 2007. She was a program supervisor for St. Clair County Community Mental Health and provided oversight to multiple evidence-based practices (IDDT, MI, DBT, FPE, IPS, Recovery Illness and Management, Integrated Healthcare, etc.) for eleven years. She was a supervisor at InterAct of Michigan where she provided co-occurring and DBT services. Michelle has been part of the MIFAST visit teams for DBT, Motivational Interviewing and Co-Occurring Disorders providing reviews, trainings, and consultation. She currently works for MDHHS in the Community Practices and Innovation Section as the Evidence-Based Practice Specialists focusing on evidence-based practices for adults struggling with severe mental illness and co-occurring disorders.

Aiyana Gibson

Hello I'm Aiyana Gibson, I am 15 years old, and I have had many experiences throughout my short life of going through mental health issues myself and for other people. I do suffer from ADHD, PTSD, Anxiety and Suicidal thoughts for many years now and it has made me mature so fast in so little time. I'm drawn to helping people overcome their own trauma and giving other people of youth a voice of reason. My goal is to help make a stand for youth suicide prevention, mental health and work from the inside out to really help people of my own age get what they need.

Tammy Hazley

Tammy Hazley is the Assistant Director of Special Education for the Eastern Upper Peninsula Intermediate School District who has supported the development of a school-based risk assessment process. She is dedicated to the development of systems within the school setting that meet the social / emotional needs of all children.

Katrina Herrington

I have been working in law enforcement for 17+ years and with Calhoun County for the last 14 years. I worked approximately 12 years in the Law Enforcement Division where I worked in multiple capacities and in different locations around the county. I am currently assigned to our Correction's Division where I am the Administrative Lieutenant. In the fall of 2016, our Peer Support Team/CISM Team was created. I am the coordinator for the team and run all the operations for it. The team is made up of 7 deputies from both divisions, 3 mental health professionals, and a therapy dog and his trainer.

Stephanie Lange, LMSW, CTP, CAADC, CCS

Stephanie Lange is a high energy professional with a wide range of clinical, supervisory, training, and consulting experience spanning over 25 years, including community mental health, public schools, and MDHHS. She has a strong track record of working effectively in multi-disciplinary teams, as well as independently, to propel organizations toward their vision.

April Lark

April Lark is the Welcome Coordinator at Ozone House who manages the volunteers who answer the crisis line and leads training for new volunteers. She is currently pursuing her master's in Clinical Mental Health Counseling and is passionate about reducing the rates of suicide among teens and young adults.

Annabelle Leathorne

Annabelle has struggled with mental health since early in life. She has overcome many struggles and uses her passion for mental health to help others who are currently facing similar struggles. She is on the National Honor Society as a sophomore in high school and is a member of her high school's theatrical troupe. Additionally, she is a girl scout and a member of the YAC. Her biggest long-term goal is to become an elementary teacher. For now, she is working to make a positive difference in youth mental health.

Samuel Mann, MPH

Sam is an Occupational Health and Injury Epidemiologist in the Occupational Health and Injury Surveillance Unit at the Michigan Department of Health and Human Services. After receiving his Master of Public Health from the University of Michigan, Sam worked in the health policy and clinical care settings before settling on a population level health focus. In his current role, Sam contributes to the MiVDRS, Michigan Overdose Data to Action, and MiTracking projects for the department, as well as monitoring other occupational health indicators.

Jenna Mares, LMSW

Jenna Mares is the Director of Education, Outreach and Welcoming at Ozone House. She oversees the crisis line and drop-in center as well as outreach efforts. She is an LMSW with over 10 years of experience in servicing young people in crisis.

Henrietta McLaughlin

I have been a Certified Peer Support Specialist since 2009, working with Summit Pointe for 13 years. I have been involved with the DBT program since being certified and then moved into a community-based position. As a community-based peer, I am able to meet people where they are and work on issues that are pertinent to them. The greatest part of my job for me is watching as people find hope and start changing their lives to a life they find the most complete.

Stacey Miller

Stacey Miller is the behavior specialist at the Eastern Upper Peninsula Intermediate School District. She is the primary point person for the EUPISD Emergency Student Assistance Team Process and leads collaboration with outside mental health agencies. She is committed to ensuring safe and supportive school settings.

Michael Pyne

Michael Pyne works at HealthWest in Muskegon and has worked in mental health for 38 years. Recently his focus has been outreach and prevention with a dedication to suicide prevention. He is the former chair of the suicide prevention coalition of Muskegon County and the current chair of the Zero Suicide Committee at HealthWest. He serves on the board of With One Voice, the statewide suicide prevention non-profit. At the age of 16 he studied Transcendental Meditation. In adulthood he spent 10 years participating in meditation practice at a Buddhist temple in West Michigan. He has implemented and led mindfulness practice at HealthWest for the staff and has studied multiple approaches to mindfulness. Michael lives in Spring Lake with his wife Sarah, their two dogs Midge and Cassius, and a tortoise named Red. They have six grandchildren as well.

Sara Reynolds

Sara Reynolds began working at the Association for Children's Mental Health (ACMH) in July 2015. In this role, she provided significant contribution to the development of the YPS curriculum and training using her experience as a Peer Support Specialist as well as her own lived experience with mental health as a youth. Sara oversees development of the Youth Peer Support training and curriculum, provides technical assistance to YPSSs and YPS supervisors, and monitors fidelity to the model. Sara is also the facilitator for the ACMH Statewide Youth Advisory Council (YAC). She coordinates regular YAC meetings and events, helps support youth voice in advocacy efforts around the state, coordinates youth voice opportunities, and oversees awareness and anti-stigma projects.

Ryan Strunk

I've been with the Battle Creek Police Department for just over 17 years and worked in many capacities for the agency. During the course of my career, I've been involved in numerous traumatic incidents/calls for service to include homicides, suicides, rapes, crimes with child victims, fatal car crashes, etc. I began to recognize that dealing with these types of incidents takes a toll on Officers to include myself. Our agency started a Peer Support Group a few years ago to help Officers navigate trauma. It became my goal to help Officers get from hiring to retiring mentally and physically intact and able to process the trauma they've seen productively.

Scott Teichmer

Scott Teichmer is the Suicide Prevention Facilitator for Summit Pointe and the Suicide Prevention Coalition of Calhoun County. He is a QPR Instructor and Master Trainer with over a decade of experience in behavioral healthcare, including Intensive Case Management, Mobile Crisis Response, and Psychological First Aid. Scott is also a suicide attempt survivor, and in 2018, started the Suicide Attempt Survivors Support Group, the first peer support group of its kind in Michigan.

Felipe Trevino, LPC

Felipe Trevino (He/Him) is a licensed counselor, who has worked with underserved and at-risk populations in Chicago, Illinois and Muskegon, Michigan. A growing body of evidence shows that increased knowledge about LGBTQ+ people can lead to increased levels of comfort towards this community, and thus can lead to reduce anti-LGBTQ+ discrimination and ultimately benefit the well-being of everyone, not only LGBTQ+-identifying individuals. Yet, there is a lack of education across the nation on this community. It is for this reason that Felipe developed a passion to provide LGBTQ+ -focused education to the community. Felipe has provided support and education to law enforcement, educators, faith communities, mental health providers, medical care providers, and local business owners. Felipe also collaborates with local LGBTQ+ organizations to grow his hometown, Muskegon MI into a safe and affirming community.

Sarah Wilczynski, MPH

Sarah Wilczynski is the Mental Health Awareness and Training Coordinator for Chelsea Hospital. Prior to this role she worked with SRSly to promote substance use prevention in Chelsea, Dexter, Manchester, and Stockbridge. As Program Coordinator, Sarah is responsible for implementing evidence-based mental health trainings, supporting youth in developing stigma reduction campaigns, identifying resources, and working with community organizations. Sarah holds a Master's degree in Public Health and a Bachelor's degree in Health Communications from Grand Valley State University.

Kate Yocum, LLMSW

Kate Yocum is the SRSly Coalition Director. She manages the Coalition's mental health support and substance use prevention through recruitment, youth-engagement, resource development, marketing, donor retainment, partner collaborations, and evaluation. Prior to SRSly, she served as the intern for the Michigan Senate's Families, Seniors and Veterans' Committee, while also serving on the board of The Bear Hug Foundation, a Detroit non-profit for at-risk and underserved youth. She's thrilled to continue working in a position that allows her to pursue a vision of youth knowing they matter, knowing they can ask for help, and feeling empowered to lead change. She earned her Master's degree in Social Work at Michigan State University.

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